PAINKILLERS

for BROKEN-HEART

ASHISH JHA
AASHU

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The heartache tonight,
inspired me to cry and write,
It's beautiful in sorrow, just like your goodbye.

Author:- Ashish Jha

(Aashu)
~DawnDynamite

★ This book is dedicated to zenn555/ grace who gave me so much pain (heartache), due to which this book is in front of you…

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About author & Intro of book

This book is written by
Mr. Ashish Jha (Aashu)

Once, he was in love with a girl whose name was Grace (not her actual name)

I expressed my feelings in this book
Where i want to say that, "we all are broken once in life but we need to stand up and build ourself better than we was in past — Make them regret who ignored you"

Request from the author:-

This is 1st book of my life, so it can have a lot of mistakes, if you find any of the mistake, then please contact me :)

Go and do deep dive in this ocean of feelings

Whenever i wish to say something clear
It feels like no one wants to hear

Weary, i gaze at my pen
I am pouring my feelings in ink again

When i hold the pen ----
My thoughts and emotions flow

Darkness in my heart

Why Darkness?

« Here darkness means sorrows of a broken heart »

Because i was loving her with deep of my heart
but what she had done?
-- ***she threw a stone at my glass heart***

,,,, i don't know why
,,,, but it's ok

"The day a blind man sees. The first thing he throws away is the stick that has helped him all his life."

Just like that, when she got another options, she left me, because she found someone better than me, i bet that she will never get so much love or joy, which she experienced with me

---

Welcome to my heart,
the place nothing makes sense,
yet never seems to be wrong.

Piece of evidence

Though I am over you, my love still lives on.

For the love I showed lies in the midst of the pages

of countless written diaries, completed and lost.

Written love can never die,

and this piece is another evidence of it.

Voice of Heart

For

When the heart speak
Storms listen, calmness steep
When the heart speaks
Time stills - pleasure and peace

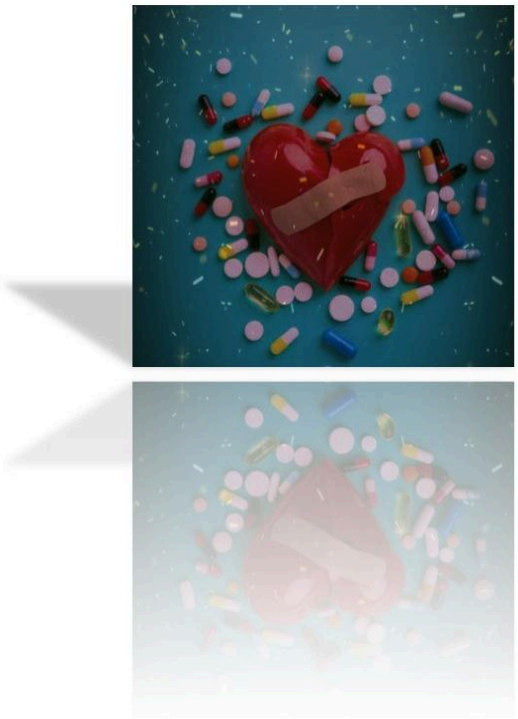
Lost Love

My love was pure, but now it's lost.

My heart is broken, and I count the cost.

I don't want to love again, it's too much pain.

My heart will heal, but love will remain in vain.



Echoes of pain

In the depths of sorrow,
A broken heart lies.

Tears fall like rain,
From stormy skies.

A shattered soul,
A wounded spirit.

Lost in pain,
Unable to bear it.

Memories haunt,
Like ghost in the night.

Echoes of love
Now out of sight.

Promises broken,
Dreams shattered.

Hope fading,
Nothing else mattered.

Fragments of lost love

In the darkness of the night,
I'm consumed by sorrow
My heart aches with a pain
that knows no tomorrow

The memories haunt me,
the tears won't cease
As I struggle to find
even a moment of peace

I'm lost in a sea
of loneliness and despair
Wishing you were there,
but you're no longer here

The silence is deafening,
the emptiness profound
As I wander aimlessly,
nowhere to be found

I cling to the fragments
of a love that's gone
But the emptiness lingers,
the pain lingers on

I'm drowning in a sea
of heartache and regret
Unable to move forward,
unable to forget

The world feels cold,
the colors have faded
My soul is shattered,
my spirit jaded

So I'll grieve in silence,
in the still of the night
Hoping someday
the darkness will turn to light

But for now, I'll sit with
my pain and my tears
And carry this burden
for days, months, and years.

A sea of sorrow

In the darkness,
I search for light,
But it's lost in
the shadows of night.

My heart is a grave,
where love lies dead.
A funeral in my soul,
where tears are shed.

Every breath is
a sorrowful sigh,
A reminder of what
I've lost in life.

Memories haunt me,
like a ghost in my mind.
A bittersweet reminder,
of what I left behind.

In this ocean of grief,
I'm drowning deep.
Where the waves of sorrow,
my soul do keep.

No hope, no peace,
just an endless pain.
A heart that's forever lost,
in the rain.

A million pieces

Shattered like glass,
I lie on the ground.
A million pieces,
my heart can't be found.

The light that once shone,
now dim and grey.
A reflection of me,
broken, lost, and far away.

The world outside moves,
but I'm stuck in time.
A memory of what I once was,
a distant rhyme.

The pain I feel,
a heavy weight that I bear.
A burden that's mine,
a sorrow beyond repair.

In this darkness,
I search for a light.
A guiding star to lead me,
through the night.

But it's hard to find,
when all I see is pain.
And the pieces of me,
scattered like autumn rain.

Home in Darkness

In the darkness, I find my home
A place where shadows hide my pain
A heart once full, now broken and stone
A soul that's lost, in endless rain

The light that once guided me is gone
Leaving me with tears that won't dry
In this darkness, I am undone
A heart that's shattered, beyond repair's sigh

The night surrounds me like a shroud
A constant reminder of my sorrow's crowd

The stars above, a distant hum
A reminder of love that's lost, and gone

Grief's Embrace

Darkness creeps in like a thief.
Stealing hope, and leaving grief.

A heart that once beat with love and light.
Now lies in pieces, in the dark of night.

The shadows dance upon the wall.
A haunting reminder of what could never be at all.

The darkness whispers secrets in my ear.
Of a love that's lost, and a heart that's sincere.

A Fractured Heart

Darkness falls,
like a heavy sea.
Drowning me,
in misery.

A heart that once,
floated on love's tide.
Now sinks beneath the waves,
where hope cannot reside.

The night is a canvas,
painted black.
A reflection of my soul,
forever cracked.

The stars above,
a distant, fading light.
A reminder of joy,
lost in the dark of night.

In this darkness,
I search for a shore.
A place to heal,
and love once more.

But like the night,
my heart remains dark.
A heavy burden,
that refuses to embark.

Pull me out of grave

Please pull me out of this grave,
I can't recall how I ended up here,
Sleeping in this silence,
I'm afraid to breath ,
And I'm afraid to live,

Please pull me out of this grave,
Should I cry to the heavens,
Or should I cry to you my beloved,
To unbreak my broken heart,
Try and stitch it back together,
With the same needle you used to puncture it,

Please pull me out of this grave,
I'm not ready to die,
Not yet ,
I still have a little love left to give,
Pull me out before you place the grave stone,
I'm not dead I'm now breathing,

Please pull me out of this grave ,
Your love I now know I'll never find,
So painful,
I'll go to temple and ask God for forgiveness,
Because loving you was a sweet sin.

The Lost Melody

May the haunting melody of my
broken heart echo in your ears.

May the storm of tears of my eyes
release in your memory drown you.

If you're lost in your own suffering,
come and feel what I'm feeling too.

If you are broken, come and cuddle me;
you'll discover a shell of nothing but pain.

If you are feeling lonely, come witness
how I endure each night without
the glow of the moon in the sky.

If I had to write the poems from the beginning,
I would leave out the parts that meant "love is blind."
Then, I'll replace the spaces left with braille,
So then, only the blind will know how much I loved you.

Latenight thoughts

---

1) are hearts meant to love? or to break?

[1] are hearts meant to love? Or to break?

Are hearts meant to love or break?

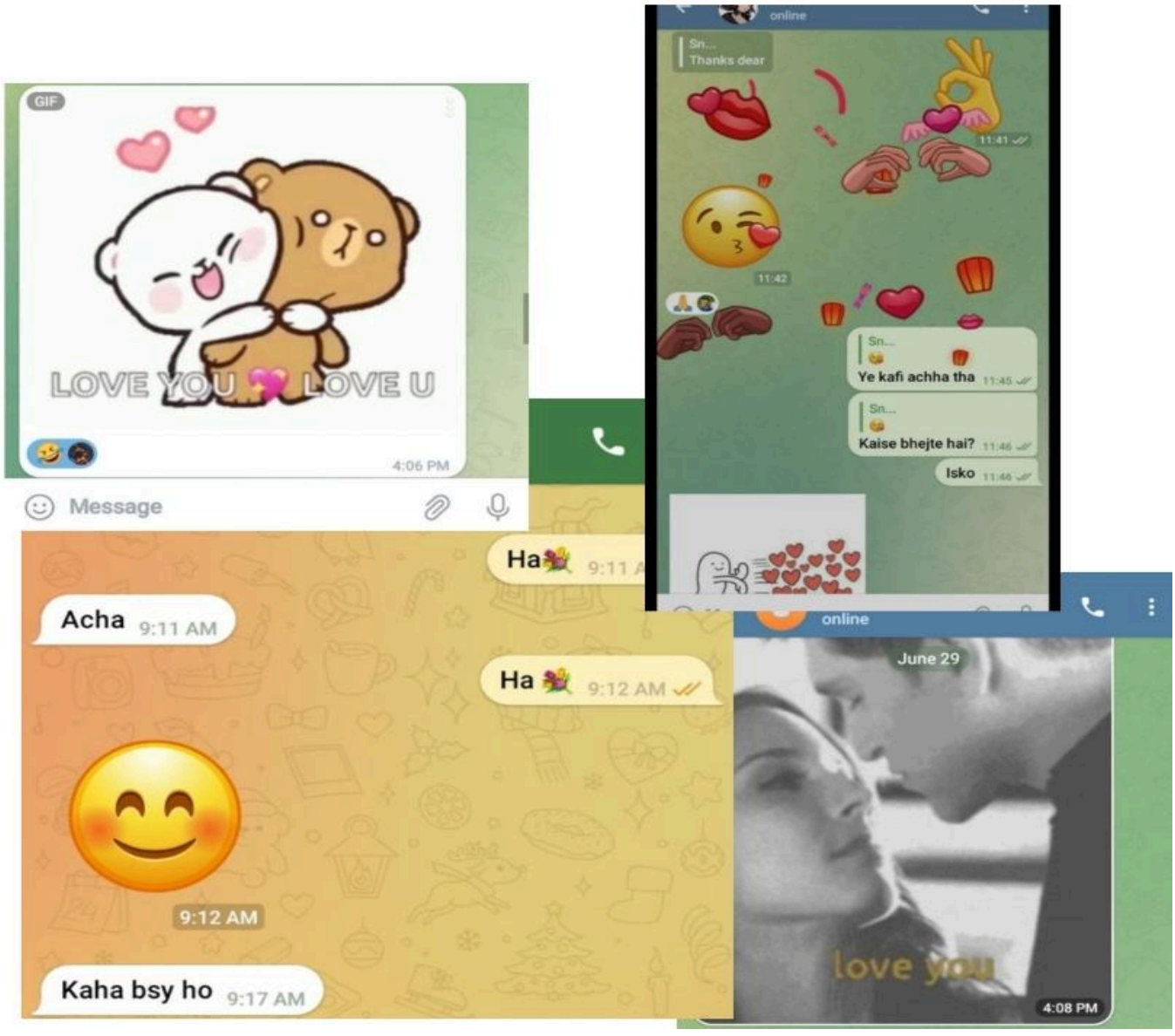
---

2) we promised we would be together forever, i guess promises aren't meant to be kept.

3) nothing shatters more than the heart she has broken

4) i fear intimacy just as much as i crave it;
she made me fear love and crave it at the same time.

5) i just read our old messages, i laughed -- then i cried



6) some say it's painful to wait. some say it's painful to forget. but the worst pain is when you don't know wether to wait or forget.

7) a sky full of stars, and i was staring at her.

---

8) she went into my life, then left. straight through like a bullet.

---

9) it hurts to know that she'll never love me the way i love her.

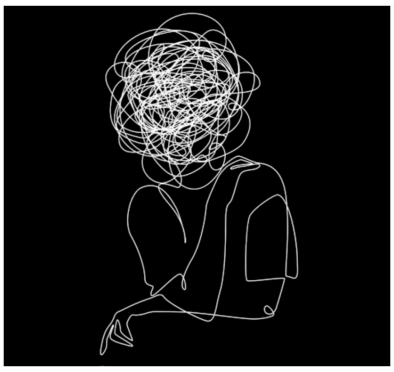
---

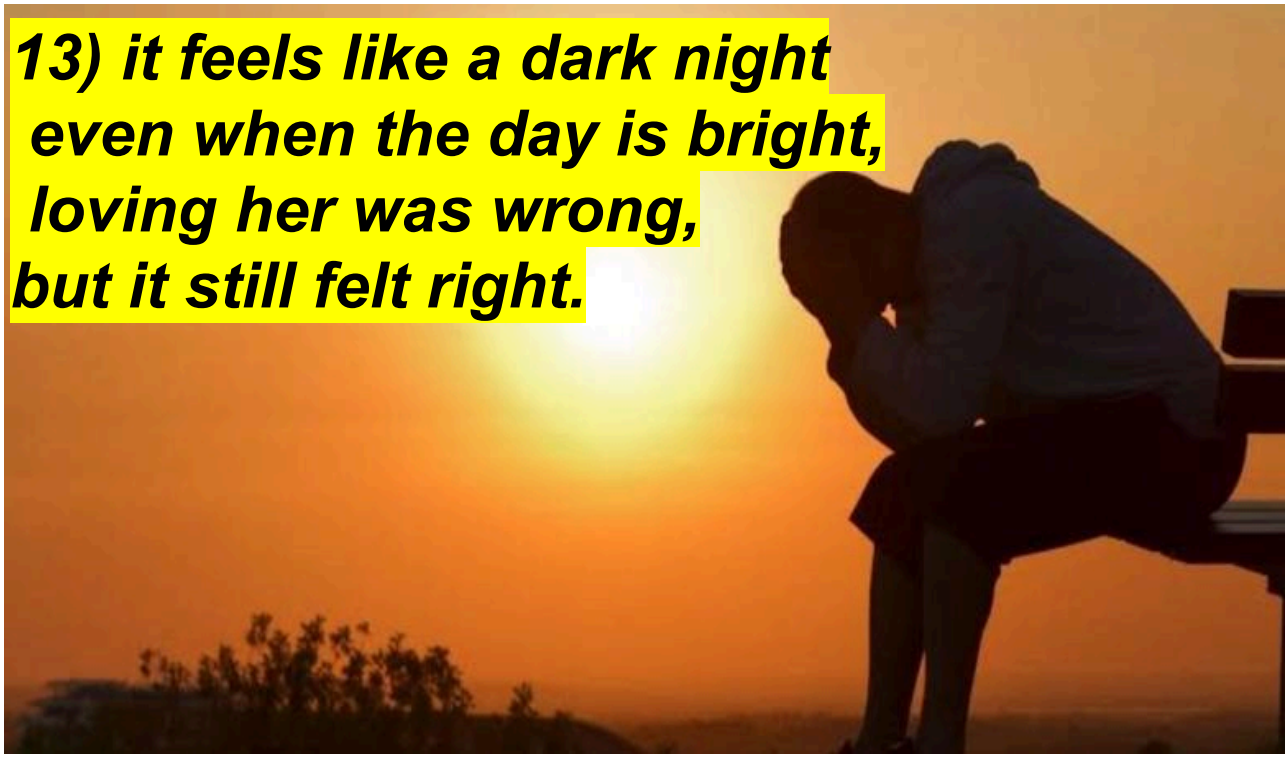
10) i remember the first “hello” and the last “goodbye”. things happened real slow, and then went by in a flash.

---

11) she planted flowers inside of my heart, but she never watered them.

12) i love her so much that i sometimes tell myself that it's my fault and not her.





it feels like a dark night even when the day is bright, loving her was wrong, but it still felt right.

---

14) there's one pain that i always feel which she will never know. the reason is because its caused by her.

---

15) i thought she was my leading lady in a movie, but in the end i was always just an extra.

16) how do i find hope in a brand new day, when the one I love has gone away.

17) i miss the feeling of her missing me.

18) the worst feeling is knowing you don't have a chance, but still believe you do.

19) she was the person i ran to when i was sad, but since she broke my heart i have no where to run.

20) isn't it ironic how we tell people to stay strong while we can't do it ourselves.

---

21) if you truly loved someone, and they left you for a simple thing, did they ever love you? like, truly love you?

---

22) i look back on it now and i realized how hard I fought for her to stay, but she fought even harder to leave.

---

23) in three words i can sum up everything i've learned: it goes on.

---

24) humans are fragile creatures made up of broken hearts and broken promises.

---

25) if she's dumb enough to walk away make sure you are smart and let go.

---

26) i wanted a peaceful walk to heaven, but with her harsh words, she sent me straight down to hell

---

---

27) she want me to know that she love me, but she know she doesn’t.

***28) my biggest mistake wasn't falling for her.
it was thinking that she had fallen for me too.***

---

29) i don't feel hurt, nor sad, not even depressed, i just feel nothing now.

---

30) i'm not anyone's first choice. i'm not anyone's favourite. people may tell me i mean a lot to them and that I'm special to them but i know there's someone they will always choose over me.

---

31) when i said that i'd take a bullet for her, i didn't intend for her to be the one pulling the trigger.

---

32) there are plenty of ways to die, but only love can kill us and keep us alive to feel it.

---

33) i gave her the power to destroy me, i trusted that she wouldn't use it, but now i guess i can't trust anyone.

---

34) i've always been afraid of losing people in love. sometimes i wonder, is there anyone out there afraid to lose me?

---

35) i don't get waves of missing her anymore, they're more like tsunami tides in my eyes

---

36) the saddest part in life is saying goodbye to the people you wanted to spend your whole life with.

---

37) is it fair that she can just leave and completely forget about me while i slowly destroy myself?

---

38) each time i pass by her, i look back hoping she would do the same.

---

39) i gave her my heart, i guess it was not good enough because she gave it back broken

---

40) love is like ancient treasure, we believe it's there so we look for it. but sometimes, we never find it. no matter how hard we look.

---

41) i'm sick of crying, tired of trying,
i might be smiling, but inside i'm dying.

---

42) it's crazy how i tried so hard to get her.
but easily, she threw away all my efforts and left.

---

43) i fell in love with her so easily.
but leaving this love is hard.

---

44) those teenagers who sit in their rooms at night and cry themselves to sleep were once children with light in their eyes and hope in their heart.

45) they always say "follow your heart" but if your heart is shattered into pieces, which piece do you follow?

46) in my opinion, it's better to be alone because then, no one can hurt you

47) sometimes we waste so much time thinking about someone who doesn't think about us even for a second.

48) They say being loved can heal all your wounds, but all it did to me was cause even more.

49) thinking of her is a poison i often drink.

50) loving someone who doesn't love you is like waiting for a ship at an airport.

Worse thing

There's nothing worse than wanting someone you can't have.

We've all been hurt by someone.
We all hit a point where we
couldn't keep the toxic cycle.
We've all been with someone terrible,
someone not for us,
no matter how bad we wanted them to be.

The best part of being with that terrible person is "how amazing it feels when someone good comes along and makes us feel the love we've always been craving. To think we were in love and then they show us the meaning of love."

No mistakes anymore

«—«

I'm supposed to pick up those pieces
and not repeat those patterns
for the next one.
I'm scared to fall in love again
because I'm afraid to be broken.

»—«

Hope and Resilience

Heartbreak is a crushing feeling that can leave you breathless and hopeless. It's like a storm that ravages your soul, leaving behind a trail of tears, sorrow, and despair. But, my friend, I want you to know that there is hope in the darkness. There is resilience in the depths of your pain.

As the Poet Rupi Kaur so eloquently puts it,

"the wound is the place where the light enters you."

Your heart may be broken, but it is not defeated. It is still beating, still pulsing with life and it's now capable of anything, that's heartbraeak is a motivation and remainder that you can do whatever you want in your life.

Remember, heartbreak is not a reflection of your worth. It is a testament to your capacity to love, to care, and to connect with another human being. You loved with all your heart, and that takes courage. Don't let the pain diminish your courage; let it fuel your resilience.

In the words of Maya Angelou,

"you may not control all the events that happen to you, but you can decide not to be reduced by them."

You are stronger than your heartbreak.
You are braver than your tears.
You are more resilient than your sorrow.

The darkness may seem overwhelming now, but it is not permanent. *The sun will rise again*, *and with it, a new dawn will break.*

As the Poet Warsan Shire writes,

"the sky is always blue, even on the grayest of days."

Your heart may be broken, but it is not lost.
It is still yours, still beating, still full of life.
Don't give up on it. Don't give up on yourself.
You are capable of healing, of growing.

In the words of Langston Hughes,

"hold fast to dreams, for if dreams die, life is like a broken-winged bird that cannot fly."

Hold fast to hope, my friend. Hold fast to the belief that a better tomorrow is possible. Hold fast to the knowledge that you are stronger than your heartbreak.

You are not alone in your pain.
You are not alone in your darkness.
There are those who have walked this path before you,
and they have emerged stronger, wiser, and more resilient.
You can too.

As the Poet Sylvia Plath writes,

"I can never read all the books I want; I can never be all the people I want and live all the lives I want. I can never train myself in all the skills I want. And why do I want? I want to live and feel all the shades, shades of all the colors of the rainbow."

You too can live all the shades of life,
feel all the colors of the rainbow.
You too can emerge from this darkness,
stronger, wiser, and more resilient.

So hold on, my friend.
Hold on to hope. Hold on to resilience.
Hold on to the belief that
a better tomorrow is possible.

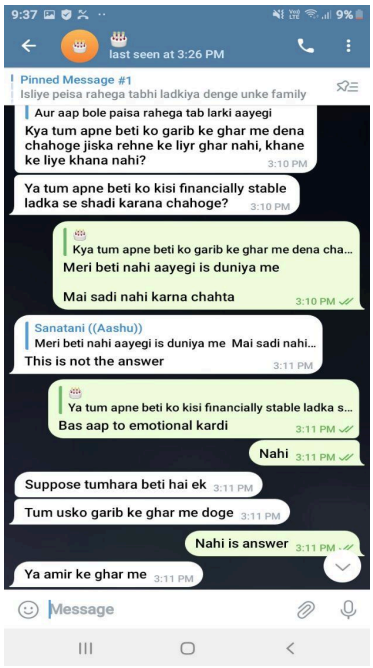
You got this.
You are stronger than your heartbreak.
You are braver than your tears.
You are more resilient than your sorrow.

And when the darkness seems overwhelming,
remember these words from the Poet Emily Dickinson,

"hope is the thing with feathers—That perches in our Soul—And sings the Tune without the words—And never stops—at all—"

Hope is the thing that will carry you through the darkness, that will sing a tune of resilience in your soul, and that will never stop, at all.

A piece of Convo


9:37
last seen at 3:26 PM
Pinned Message #1
Isliye peisa rahega tabhi ladkiya denge unke family
Aur aap bole paisa rahega tab larki aayegi
Kya tum apne beti ko garib ke ghar me dena chahoge jiska rehne ke liyr ghar nahi, khane ke liye khana nahi?
3:10 PM
Ya tum apne beti ko kisi financially stable ladka se shadi karana chahoge?
3:10 PM
Kya tum apne beti ko garib ke ghar me dena cha...
Meri beti nahi aayegi is duniya me
Mai sadi nahi karna chahta
3:10 PM
Sanatani ((Aashu))
Meri beti nahi aayegi is duniya me Mai sadi nahi...
This is not the answer
3:11 PM
Ya tum apne beti ko kisi financially stable ladka s...
Bas aap to emotional kardi
3:11 PM
Nahi
3:11 PM
Suppose tumhara beti hai ek
3:11 PM
Tum usko garib ke ghar me doge
3:11 PM
Nahi is answer
3:11 PM
Ya amir ke ghar me
3:11 PM
Message

Ashu:- Can i not get a girlfriend?
Grace:- ofc, you can— you are handsome and talented
Ashu:- Really?
Grace:- yes
Ashu:- But, people say that only rich peoples can have girlfriend
Grace:- Yes, if you have money — then you can get any girl
Ashu:- But why? Why girls have hunger of money?
Grace:- If you have two options, a rich guy and a poor guy. With which one you will marry your daughter?
Ashu:- i don't have daughter, hahahahahaha
Grace:- imagine
Ashu:- wherever, she will live happy
Grace:- just like that, parents never wish their child to live in pain, so if you have money, then family of that girl will marry the girl with you.

Fresh beginning

In the silence of the night,
I find my strength
To pick up the pieces
and go to any length

To rebuild my spirit,
to rediscover my worth
To embrace the beauty
of life and its mirth

I'll cherish the memories
we once shared
And let go of the hurt
that we both bared

For in every ending,
there's a new beginning
A chance to grow,
a chance for winning

Rise and shine

Rise up, dear heart,
and shine so bright.
Your dreams are waiting,
don't let fear take flight.

You are stronger than you think,
braver than you feel.
Your potential is limitless,
let your spirit reveal.

Don't let the darkness,
dim your light.
Keep pushing forward,
through the dark of night.

For every step you take,
you're closer to your goal.
And every obstacle you overcome,
makes you stronger whole.

Your capability

Believe in yourself,
your worth and your might.
You are capable of achieving,
great things in sight.

So hold your head up high,
and let your spirit soar.
You got this, you are powerful,
and you will score.

Remember, every great success story,
started with a dream.
And every achievement began with,
a single step, a single scheme.

So keep pushing forward,
don't give up the fight.
You are a shining star,
and you will shine so bright!

Pave your own way

When the road ahead,
seems dark and long.
And your heart is heavy,
with a sorrowful song.

Remember that you are,
strong and brave.
And that you have,
the power to pave.

Your own way, your own path, your own road
Don't let fear or doubt take control

Keep moving forward,
one step at a time.
And know that you will reach,
your highest prime.

You are a warrior, a fighter, a champion
You have survived every difficult moment

And you have risen stronger,
like a phoenix from the ashes.
You are a shining star,
that never fades or crashes.

So hold your head up high,
and let your spirit soar.
You are capable of achieving greatness,
and so much more.

Believe in yourself,
and never give up the fight.
You are a winner, a conqueror,
a beacon of light.

Move on

Move on from pain,
let it fade away.
Like a storm that's passed,
leaving a brighter day.

Don't let it define you,
don't let it stay.
Move on from pain,
and seize a brand new day.

Remember, pain is a season,
it will pass.
And the sun will shine bright,
on a brand new grass.

So hold your head up high,
and let your heart sing.
Move on from pain,
and spread your wings.

Remember Them

When struggles weigh you down and hope seems far away.

Remember the ones who paved the way.

Your parents, who sacrificed their all for you.

Their dreams, their sweat, their tears, their all, anew.

They worked tirelessly, through every strife

To give you life, and a chance to thrive in life

They stood by you, through every fall

And lifted you up, through it all

So don't give up, don't lose your way

Their sacrifices, make a brighter day

Draw strength from their love, and their might

And keep moving forward, into the light.

Don't chase, attract.

One day you will wake up,
and there won't be any more time
to do the things you've always wanted.
Do it now.

—@Paulo Coelho

They watched me fall,
With no intentions
of catching me.
So, they left me.

Wasting your time so that time can be perfect
is the worst excuse, and you will regret it later.
There is no perfect time.
The best time is now.

If you spend your time chasing butterflies, they'll fly away. But if you spend time making a beautiful garden, the butterflies will come.

Don't chase, attract.

Don't give up

Dear friend, I know that right now, your heart may be heavy with sorrow. The pain of heartbreak can feel like a weight that's crushing you, making it hard to breathe, hard to think, and hard to get out of bed in the morning.

But I want you to know that you are not alone. We've all been there at some point or another. At the end of the day, everybody's heart breaks. We've all felt the sting of rejection, the ache of longing, and the despair of feeling lost and alone.

But here's the thing: heartbreak is not the end. It's a new beginning. It's an opportunity to rediscover yourself, to find new strength, and to build a better tomorrow.

As the poet Rupi Kaur says, 'the wound is the place where the light enters you.' Your heart may be broken, but it's still beating. And that beat is a reminder that you're still alive, that you still have purpose, and that you still have so much to give.

So don't give up. Don't lose hope. Instead, use this heartbreak as fuel to drive you forward. Use it as a chance to learn, to grow, and to become the best version of yourself.

You are stronger than you think. You are braver than you feel. And you are capable of achieving greatness, even in the darkest of times.

So get up, my friend. Get up and face the day. Take a deep breath, and remember that you are a warrior. You are a survivor. And you are a shining star, even in the darkest of nights.

As the great poet Maya Angelou says, 'still, I rise.' And I want you to rise too. Rise above the pain, rise above the heartache, and rise into a brighter tomorrow.

You got this, friend!! You got this.

---

overcome depression

I know it's a difficult work to overcome from depression but i am telling you some ways, which i hope can work:-

---

Practice self-care:-
Engage in activities that nourish your mind, body and soul.

Exercise regularly:-
Physical activity boosts mood and energy.

Learn mindfulness:-
Focus on the present moment to reduce stress.

Challenge negative thoughts:-
Replace harmful beliefs with positive ones.

Set small goals:-
Achieve manageable tasks to build confidence.

Learn to prioritize tasks:-
Manage responsibilities.

Engage in activities you enjoy:-
Do things that bring happiness.

Connect with nature:-
Spend time outdoors to improve mood.

Try yoga or meditation:-
Mindful movement for relaxation.

Learn relaxation techniques:-
Calm your mind and body with methods like deep breathing.

Take care of your physical health:-
Regular check-ups and healthy habits.

Try progressive muscle relaxation:-
Release physical tension.

Try humor therapy:-
Laughter can improve mood.

Try a digital detox:-
Take breaks from technology to reduce stress.

Get enough sleep:-
Aim for proper hours of restful sleep.

Learn to say "no":-
Set healthy boundaries.

15 tiny good- Habits

"Habits are the compound interest of self- improvement"

— @James Clear

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1) **Read two pages a day**

Reading can be one of the best habits anyone can build.
Reading every day has many benefits.

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2) **Do at least one activity outside**

Make sure you do at least one activity outside your home.
Be in nature's fresh air and some have sunlight on your face.

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3) **Master a skill that you like**

If you're good at any skill you must master that skill so that it can benefit you in the future.
The future is for those who have built some skills.

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4) Get up early in the morning

Early mornings could be a great start for your work. Your productivity level will be on pick in the morning.

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5) Reduce your screen time

Keep your phone in silent mode or out of your reach for some time in the day. It will reduce your screen time and give your eyes a little bit of rest.

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6) Make a to-do list for your everyday tasks

Organizing your everyday tasks could be life- changing for you. Make your to-do list so that you will be clear about your everyday goals.
It will also increase your productivity to do more in less time.

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7) **Gratitude every morning**

Make a habit of gratitude every day. Be grateful for what you have. It will keep you down to earth and you'll be always in a happy mood.

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8) **Invest in yourself**

Investing time, energy, and money in yourself will be a good decision you can make.
You'll not regret it.

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9) **Make your bed**

One of the best habits you can make. It will set your mindset throughout the day if you just make your bed.

It seems funny but don't forget that, **“a tiny stone can break the palace made of glass”** *—» means small things can make great impact.*

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10) Drink enough water throughout the day.

Water intake throughout the day can help you boost your mood and keep you hydrated the whole day.
It'll also make your skin look good and better voice.

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11) Learn to be alone

If you do not have a good company with yourself then you're doing something wrong. Spend some time with yourself, you'll understand your true self more deeply.

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12) Have a positive mindset

A positive mindset can help you grow in life. The right mindset can lead you to success. It will give you a chance to grow yourself more and learn.

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13) **Don't always be available for everyone**

Your time is valuable. Make your time useful, don't be available for anyone or anytime. People are used to taking advantage.

Make time for people who care, listen to you, give their time, and respect you.

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14) **Master 80/20 principle**

80% of your results are coming from 20% of your hard work. This rule can apply to anything.

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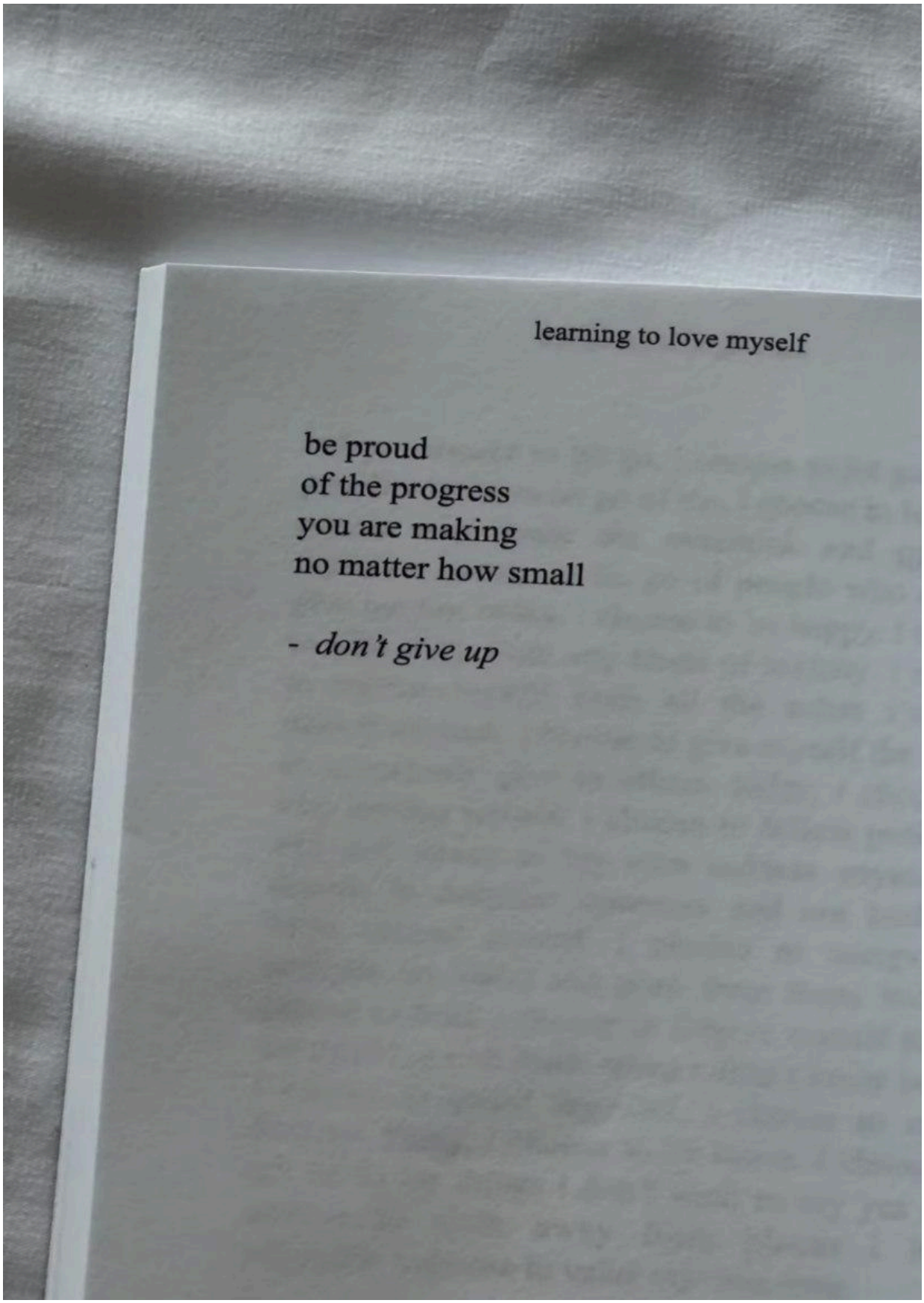
15) **Write down your goals**

Write down what you want to achieve. Knowing your goals and writing them down makes it a little bit easier to get closer to them.

And at last i want to say that

"Always keep yourself engaged in doing something and not remember those things which you want to forget"


learning to love myself
be proud
of the progress
you are making
no matter how small
- don't give up

About Me

I would like to tell you in advance that this part does not hold much importance in this book,

you can skip this and move on to next part

Hi readers, how are you? I hope you are well

About me:-

After completing my board exams i moved out of my hometown to get admission in higher studies

And after that i reached a city, where my dad works

Once, i was Wandering, and i had seen some people debating on some topics

I participated in that debate,

Due to not having enough knowledge, i waa about to loose that debate, but i was not alone,

Many other peoples were also debating from my side

I remember one of the best review of my role in that debate, which was:- "SUMIT:- Bro, my respect for you has gone beyond infinity, you are the person who will never loose any debate in lifetime"

Well, that was shocking for me, hahahahhahahahhahhah -- hihihihihihihihihi

After the debate, a lot of people came to friendship with me, and at that time i was an introvert

One among those was zenn555 (grace), she messaged me on 22 april 2023

I accepted her as my friend, but after few days she started flirting with me with romantic messages. At first i ignored her and tried to focus on my studies. But after sometime i also started loving here.

I don't know

- Why
- How
- When

I started loving her. But then my studies totally got disbalanaced. And then she started ignoring me. And she broken up with me saying that i am a cringy person. It hurts :)

Like my love was inversely proportional to what is of her. Reasons can be that at first i tried to stay away from making relationship or i don't know how to talk others because before that, i was an introvert, i never had talked to any girl so deeply..... i don't want to write any novel on this topic here

I still love her

.but my future matters more than her.

So, i have to move on

I know moving on is how much tough, and it seems impossible. But i believe on myself. I beleive that one day i will move on and forget her....

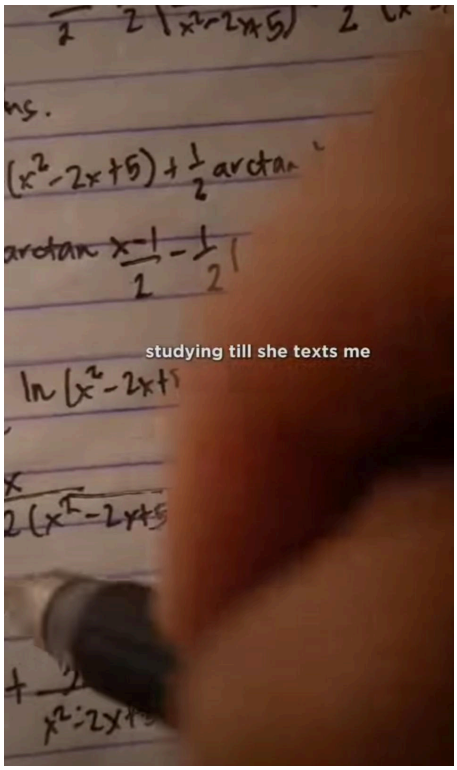
I am trying hard to move on like:-

- I try to involve in my studies as before.
- Daily i meditate
- Daily i do some gym related exercises
- I started learning marital arts
- I started writing poems
- I started making drawings
- I also started taking pictures with my camera.
- And many more

But the worst part is that

Worst part is that – these wall punch is less painful than pain of my broken heart...

I don't want to tell anything now, goodbye and thanks for listening my pain...



Yesterday, one of my friend sent me this

Who are also broken

CONCLUSION

I want to thank you for reading.

I know you might not relate to everything, but that wasn't my goal. I wanted to give you the side of me. I realized through all of this I was never broken. I'm stronger today because of all these challenges. Close to speak on my past heartache to show you all the growth. Every piece in this was meant to be here. It's here to remind you that you can go through some of the worst situations, some things may destroy you, but you always make it out stronger. Everything has shaped me into the beautiful soul.

Thank you for reading

Instagram:- @dawn_dynamite

YouTube:- @DawnDynamite

Telegram:- @DawnDynamite

Twitter:- @DawnDynamite

1. Don’t forget to review this book in
- https://t.me/PainkillersForBrokenHeart
- https://t.me/painkillers_for_broken_heart

~ Ashish Jha (AASHU)